

Headers in APA Format

Sometimes, as you write your essay, you will want to use sub-headings to differentiate certain parts of your paper. In APA, there are 5 levels of headings, with Level 1 being the highest (second only to the title of your paper), and all of the other headings being sub-headings of Level 1. Don't worry if you only use Levels 1 or 2 in your paper—**not all papers require 5 different levels**, and some papers might not require any levels at all! It depends on the length of your paper, what type of paper you are writing, and your instructor's expectations.

It is important to note that not every single paragraph needs a header. If you are putting a header at the top of every paragraph, you are using too many headers, and you need to work with a tutor to see what's causing the problem.

Level 1 Heading: Centered, Bold, Title Case

Level 1 headings are very similar to the titles of the paper. They are centered, bolded, and in title case (which means main words are capitalized!)

Level 2 Heading: Flush left, Bold, Title Case Heading

Level 2 headings are sub-headings of Level 1. They are flush left against the document (not indented), and also are bolded and written in title case.

Level 3 Heading: Flush Left, Bold, Italics, Title Case

Level 3 headings are almost identical to Level 2 headings, but they go in italics.

Level 4 Heading: Indented, Bold, Title Case, Ending with a Period. Text begins on same line as heading and continues as a regular paragraph.

Level 5 Heading: Indented, Bold, Italics, Title Case, Ends with a Period. Text begins on same line as heading and continues as a regular paragraph.